



Friday 8th December 2023

Headteachers report of the week.

Christmas at Woodlands is always a lovely time of the year and it feels very much like we really are a big family. We had fun putting up the Christmas tree and decorating the dining room and are preparing for our first ever Christmas Bazaar. Everyone is tired, the little ones are VERY excited and we can all be a bit grumpy with each other but we have some of the best times too.

Next week is Christmas dinner day, which is always a big tradition at Woodlands because NO school does Christmas dinner like Woodlands does Christmas dinner! Our amazing catering staff really deliver a wonderful dinner with all the trimmings and we have crackers and hats and a visit from Santa himself, which is always very exciting! This year Oscar in Year 10 has literally begged me to allow him to be Santa's elf and Lisa has invested in quite a fantastic costume especially for the occasion. Rumour has it that there are stripey tights, but this has yet to be confirmed! I will, of course share the photos of our very own elf on the shelf next week. Watch this space!

Best Wishes

Jules

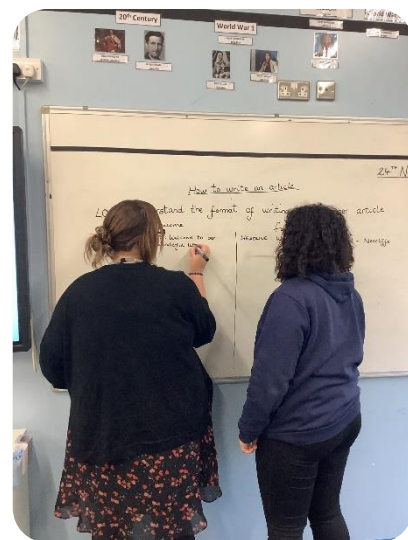




Yr 7 continue their creative project related to Birds of prey. Today they have taken inspiration from the Hawk at Shropshire Falconry to produce a silhouette painting using acrylic paint.



Students have been doing a science experiment: making water change state from solid to liquid in a race!



In English literacy students have been working on writing an article - first planning on the white board and then onto the computers to support in the writing up of the article.





JOIN US FOR A

XMAS BAZAAR



FREE ENTRY!



DECEMBER

21ST

1.30PM - 3PM



AT WOODLANDS SCHOOL

GIFTS • CRAFTS • FOOD



Woodlands school

Career of the Week

Leisure Centre Assistant



Leisure Centre Assistants help and supervise visitors using leisure centre facilities

Average salary (a year): £15,000 (starter) to £21,000 (experienced)

Typical hours (a week): 37 to 40

You could work: evenings, weekends, bank holidays, on shifts

You can get into this job through:

College

You could take a college course, which may help when looking for work. Courses include:

- Level 2 Award in Employment Awareness in Active Leisure and Learning
- Level 2 Certificate or Diploma in Sports Industry Skills
- Level 2 Diploma in Sport

Entry requirements

You'll usually need:

- 2 or more GCSEs at grades 9 to 3 (A* to D), or equivalent, for a level 2 course

Apprenticeship

You could do a Leisure team member intermediate apprenticeship.

As well as learning how to support the day to day operations of a leisure centre, you'll also cover topics like:

- lifeguard duties
- swimming teaching duties
- gym instruction
- leading group activities

Entry requirements

You'll usually need:

- some GCSEs, usually including English and maths, or equivalent, for an intermediate apprenticeship

Direct Application

You could apply directly. You'll find it useful when looking for work if you've got customer service experience and an interest in exercise and fitness.

Career tips

Some employers may prefer you to have a qualification in first aid, gym instruction or lifeguarding.

Skills and knowledge

You'll need:

- customer service skills
- the ability to work well with others
- sensitivity and understanding
- patience and the ability to remain calm in stressful situations
- the ability to accept criticism and work well under pressure
- excellent verbal communication skills
- to be thorough and pay attention to detail
- the ability to sell products and services
- to be able to carry out basic tasks on a computer or hand-held device

Restrictions and Requirements

You'll need to:

- pass [enhanced background checks](#)

Day-to-day tasks

On a typical day you could:

- set up, dismantle and maintain equipment
- make sure areas and facilities are clean
- sell tickets and make reservations
- deal with enquiries on reception
- sell food and drink
- promote events and classes through social media channels
- Help people to use facilities safely
- Working environment
- You could work at a fitness centre or at a gym.
- Your working environment may be physically active.
- You may need to wear a uniform.
- Career path and progression
- With experience and further qualifications, you could become a supervisor or manager. You could also move into fitness instructing, lifeguarding or sports coaching.

This week at Woodlands



- Ollie Kelly has been amazing – spoke up in pupil panel, great in science, and in his uniform. Ollie has also shown bravery in trampolining and mastering the front somersault.

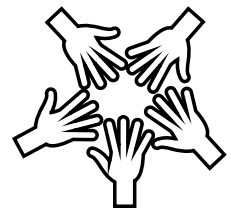
- Siobhan came into Woodlands to perform career interviews with our older students and she commented on meeting some lovely students!!



- Lovely seeing Harry in school – well done Harry!

- Devon has been very helpful this week – great work Devon.

- Corey has been a great role model supporting staff with the younger students.



- Saplings 1 have been working together in a team in maths and doing some wonderful problem solving – Brandon, Corey and Cameron.



- Saplings 3 had an excellent maths lesson about fractions!

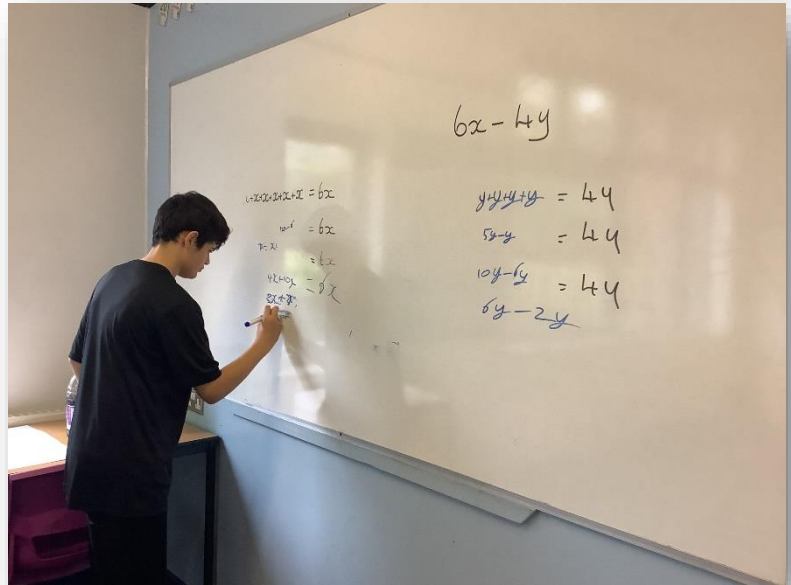
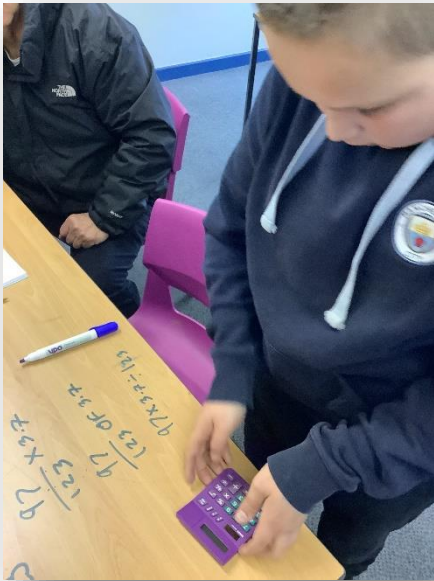
- Rhiley and Harvey have been a great help with Dan the boxing coach supporting and mentoring the younger students. – Fantastic Job



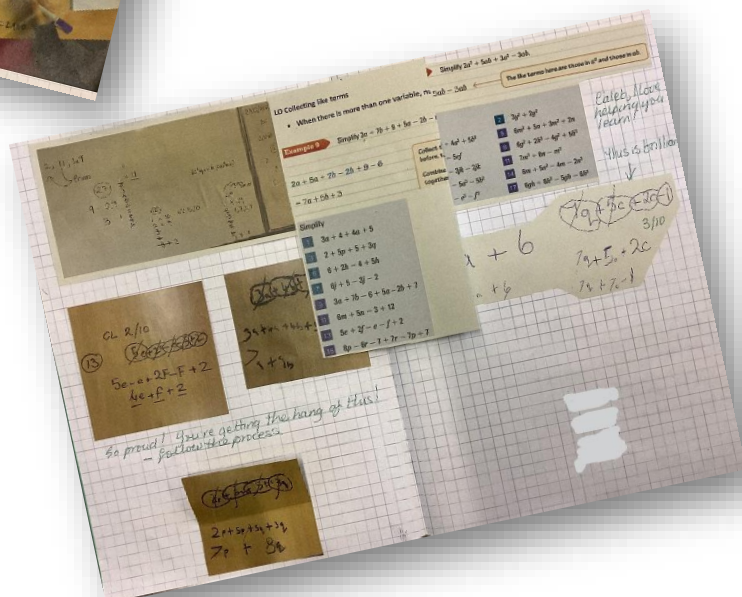
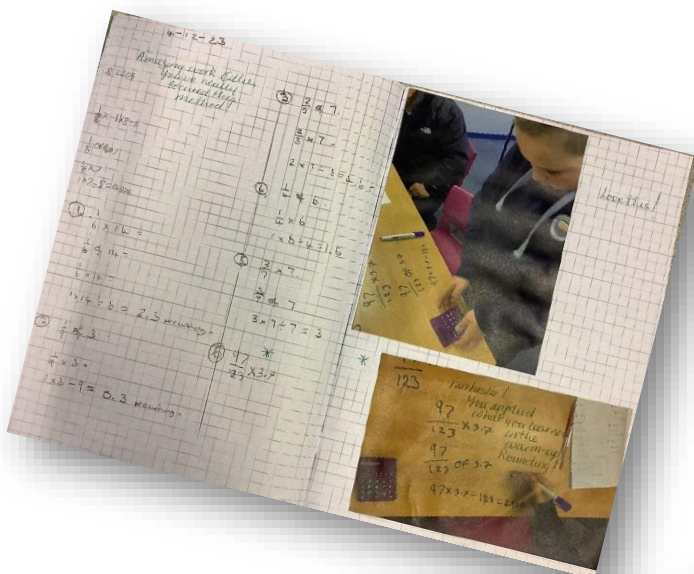


Students have been getting festive using their baking, creative and maths skills to make Christmas Cakes, Chocolate Fudge Brownies, and Mince Pies.





Through perseverance
and different
methods of learning
we have mastered
Algebra!



Advent Calendar Box Challenge!

Ever tried taking something out of a box and put it back in again exactly how it came out??!!

This is exactly what students who took on the Advent Calendar Box Challenge did this week. Students were set the challenge of an advent box being tipped out, students who could get all the boxes back in the box without damaging any boxes and all neatly in won a chocolate bar. At first students looked extremely puzzled, soon however teams began to form and working together to problem solve and try different combinations they succeeded!! Syrene started to have to give some chocolate away!! As the day and the challenge continued the time taken was less and less time to complete. Some fantastic collaboration and problem solving!







Students with 100% Attendance last week

Legal First Name	Registration form(s)
Taylor	Acorns 1
Kiean	Acorns 1
Destiny	Acorns 1
Alexander	Acorns 2
Scott	Oaks 1
Brandon	Oaks 2
Corey	Oaks 2
Cameron	Oaks 2
Leo	Oaks 3
Jack-Junior	Oaks 3
McKenzie	Saplings 1
Riley	Saplings 1
Leo	Saplings 1
Tyler	Saplings 1
Tyler	Saplings 2
Willow	Saplings 3
Romeo	Saplings 3
William	Wave 4

Challenge of the Week

For Parents/Carers, Students and Staff the challenge this week for anyone willing to give it a try is to

Take time to focus on breathing!



Headteacher Awards

- **Oaks:- Rhiley** for being a positive role model for younger students by encouraging them to show safe and respectful behaviours
- **Saplings: - Tyler H** for working independently and making some beautiful Chocolate Fudge Crinkle Biscuits
- **Saplings:- Leo G** for having a positive week taking part in lessons and for running rings around Joe and Ben playing football.
- **Link: - Kiean** for settling in so well and working really hard in all of his lessons
- **Link: -Ewan** for being really polite and well-mannered and making such an amazing start

Things to do and places to go this Christmas Holidays

There's another school holiday just round the corner, and we know how some families can find the holidays a challenge with the juggle of work and keeping the children entertained.

If parent carers are looking for things to do and places to go, then the Shropshire Family Information Service Directory is the place to visit. Click [here](#) for Christmas fun.

There's also the [Actio activity offer](#) for those children and young people who are registered for [All In Short Breaks](#) and Autism West Midlands are also hosting a family walk around Attingham Park, for booking information, please visit the [Autism West Midlands website](#).



Preparing for Christmas: autism resources

The Christmas period, with lots of change, social interaction, expectations and demands to negotiate, can be a very exciting but often stressful time of the year for many autistic people.

With the help of parent carers, the National Autistic Society have put together [a list of autism friendly tips](#) for the festive period. There is also a [brief list of useful resources](#) that they hope may prove helpful in making this festive period as special and as stress free as possible.

There is also a great video from Purple Ella, an autistic mum with autistic children, who discusses the challenges of Christmas and some strategies to overcome these challenges. You can watch Purple Ella's Autism and Christmas on her [YouTube channel](#).

The PDA Society also has some helpful approaches to special occasions and their information can be found [here](#).

And finally, on the Shropshire SEND Local Offer there are some [tips with regards to managing sensory sensitives and overload at Christmas](#).

Parenting Help and Support Line

Being a parent can be tough sometimes. We are here for you with a friendly listening ear and practical advice on everything from behaviours that challenge to sleep issues. No judgment, just support, through this anonymous and confidential service.

Call 01743 250950

Monday - Thursday, 9.30am - 4.30pm or Friday - 9.30am - 3.30pm or
email: parenting.team@shropshire.gov.uk

(Please note the helpline will be closed from Monday 25th December to including Monday 1st January).



Holiday Activities and Food (HAF) programme for the Christmas holidays is now open for bookings

The Holiday Activities and Food (HAF) programme for the Christmas holidays is now open for bookings!

Your school age child (4-16 years old) can get a FREE place:

- If you get benefits-related free school meals
- Are a Ukrainian guest staying in Shropshire
- Have been referred by a practitioner

The majority of providers are able to offer places to children with special educational needs or disabilities (SEND).

A lot of the providers also offer additional paid places that are available to everyone, so it's worth taking a look if you need childcare or activities to keep your children busy during the holidays. Find out more about the HAF programme [here](#).



PACC Festive get together and AGM

Bookings are now open for this event: <https://forms.office.com/e/FTTK3xb14G>

PACC's Festive get-together and AGM

MONDAY 11TH DECEMBER
10AM-12PM
ROY FLETCHER CENTRE, CROSS
HILL, SHREWSBURY, SY1 1JE



Please join us to hear about other work PACC has been doing and our plans for the future.

We will be reflecting on our activities in 2022-2023 which have been extensive, and sharing our thanks to the SEND community for your continued support and engagement.

Booking closes at 5pm on Friday 8th December.

Parent Carers, practitioners, and
anyone with an interest in our
work are welcome to join us.

PACC Healthy Lives Programme

The Healthy Lives Programme is about supporting the physical and mental wellbeing of young people from the Shropshire SEND community, especially those from the Learning Disability and /or Autism communities. It is about making community-based activities accessible to this group, bringing together activity providers into one co-ordinated programme that offers meaningful opportunities to learn new skills, build confidence, make friends and get active. Importantly it provides these opportunities during the school and college holidays, a time families tell us can be difficult, when young people miss their friends and routines, and Parent Carers sometimes struggle to balance the demands placed on them.



It has been a privilege for the PACC team to get to know the young people who have participated in the Healthy Lives programme in 2023 and a joy to see friendships develop and confidence grow. We know how difficult it can be for SEND families to try something new and to keep going, so we also want to acknowledge and thank you the Parent Carers who have filled in forms, provided lifts and shared their thoughts with us about what we got right and what we can improve.

Find out more about the programme [here](#).

You can read more about the programme in our Healthy Lives Programme 2023 Report [here](#).

You can see the presentation delivered at the celebration event [here](#).

You can watch our photo showcase and listen to the song created by some of our amazing young people [here](#).

Mental Health / Wellbeing

Mental Health First Aid Kit

Write down ideas of things you can do when you're struggling to cope.
If you're struggling to fill it in, it might help to do it with an adult you trust,
a Childline counsellor or to get advice from
our website: childline.org.uk/mental-health-first-aid-kit/

Ways I can relax:

Things I can distract myself with:

Things that have made me feel good in the past:

If I need support, I can talk to:

Name	How they can help me	When they're available

Tips to help you make your first aid kit

- Fill your plan in when you're feeling calm
- Keep it simple and make it easy to understand if you're stressed
- Remember that you don't need to complete it all at once.
- Ask for help from someone you trust or from Childline
- Add things that have worked before, or new ideas you want to try
- Keep updating your plan if you find something new to do

Ideas of things you can include:

Relaxation:

- Take a deep breath in while counting "1, 2, 3, 4", then breathe out while counting "1, 2, 3, 4"
- Focus on what's around you, name 5 things you can see, 4 things you can touch or feel, 3 things you can hear, 2 things you can smell and one thing you can taste
- Lie down and close your eyes for 5 minutes
- Imagine yourself creating a drawing, think about what colours you'd use, where you'd start and picture yourself making the drawing

Distractions:

- Play with a fidget spinner
- Tidy up or organise your room
- Name one animal that begins with each letter of the alphabet (e.g. A for Aardvark)
- Listen to a podcast or some music

Ways to feel good:

- Have a bath or shower
- Speak to someone you care about
- Watch a funny video
- Draw or make something

People you can talk to:

- Your parents, carers or a teacher
- Your CAMHS worker, or a crisis team
- Childline
- A friend you feel comfortable with